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Last call for Ottawa LGBTQ landmark

CENTRETOWN

Doors to pub padlocked, eviction notice is posted

Dylan C. Robertson
For Metro | Ottawa

One of Ottawa's LGBTQ landmarks suddenly closed Monday, after being in business for more than three decades.

Centretown Pub opened its doors in 1984, which were padlocked Monday morning as lawyers posted an eviction notice.

"I hate to close it, but you gotta pay your rent," building owner Graham MacEachern said as he came to inspect the pub. "We gave them plenty of warnings."

Lana Poulson frequented the bar since she moved to Ottawa in 2004. "It sucks, because there's so few gay bars in Ottawa left. It's nice to be able to go somewhere with friends and have a safe space where you're not going to have any issues," said Poulson, a trans woman. "A part of Ottawa's history is gone."

Last October, the bar's Facebook page addressed whispers it was on its last legs. "Despite rumours to the contrary, Centretown Pub is not closing anytime soon."

Last January, the bar was listed on a Remax website for $399,000, while the entire three-story brick building was valued at $849,000. Now, almost a dozen staff have lost part- and full-time jobs.

In 2009, both Centretown Pub and a nearby gay bar called Edge had their liquor licences suspended due to overcrowding. Swizzles remains Ottawa's last gay bar, while straight and lesbian bars hold weekly gay-themed nights.

The owners of Centretown Pub, Bruce Davis and Mike Tasse, have previously announced they plan to open the Half Pint Pub in Embrun. They did not return emails and phone calls Monday.

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metro NEWS

Your essential daily news

Canadian embassy in D.C. to serve up national cuisine for Trump's inauguration. **World**

HINTONBURG

Popular Thai café closing

A popular Hintonburg eatery is closing its doors Sunday, ending a quirky dining concept in a gentrifying neighbourhood.

Sam Souryavong took over Fairmont Confectionery a few years ago. In September 2014, he opened a small restaurant in the back of the convenience store, serving Thai curries and Vietnamese sandwiches, with each item costing under $10.

With 10 seats and a take-out counter surrounded by South Asian art, Sam's Café became a hit, prompting glowing food reviews. Surrounded by residential streets, the outdoor patio tables filled up in the summer months.

But Sam Souryavong told Metro it was impossible to run both businesses at the same time.

"It would just cost us too much to try to turn this place into a café," he said. "Maybe we could find a new place."

Souryavong, a former legal clerk from Laos, enrolled in a respected Bangkok cooking school in 2013. He said his customers allowed him to pursue his dream of working in food.

"I feel truly lucky and blessed to be in Hintonburg. The neighbours here are fantastic; they are very supportive of the local economy."

Souryavong had a similar message on his store's Facebook group, saying he hopes to open a restaurant.

"We have loved sharing our passion for food with you," he wrote. "We have fixed up a property and have given it new life."

A convenience store has operated at 102 Fairmont Ave. since the Great Depression, with various owners. The property is listed online, with Royal LePage asking for $859,000 for the store and its upstairs apartment.

Souryavong said he's heard another business will take over.

"I'm glad that the new owner is not going to tear it down and build condos. That's very comforting to know."

DYLAN C. ROBERTSON /FOR METRO

> **The neighbours here are fantastic; they are very supportive.**
> Sam Souryavong

Clinics benefiting from Quebec ultrasound spat

HEALTH CARE

Patients head for Ottawa to find services

Dylan C. Robertson
For Metro | Ottawa

A feud between Quebec and its radiologists has Ottawa's ultrasound clinics raking in extra business.

Last July, Quebec pledged to cover private imaging clinics in its public insurance scheme.

But it never finished negotiating how much it would pay, before the policy came into place December 29.

With no idea how much the province would be paying, private radiology clinics in Gatineau and across Quebec closed their doors.

George Sartzetakis said he's seen an uptick in Quebec patients at Kent Street Imaging, seeking both X-rays and ultrasounds.

"Especially last week and the week before that, we had quite a few come in," he said.

Sartzetakis said the increased business isn't delaying his local patients. "We're having no issues in that respect."

A clinic on Bank St. reported a similar phenomenon this month, as did the University of Ottawa's Montfort Hospital.

Officials at both the Ottawa Hospital and Queensway Carleton Hospital radiology departments did not respond to a request for comment.

Quebec Health Minister Gaétan Barrette told reporters the province's ultrasound clinics were "taking patients hostage," alleging they were closing to sway the negotiations. A patient-advocacy group is threatening a class-action lawsuit.

But in Gatineau, the owner of Ecosphère Image temporarily closed his business because he couldn't figure out how to run his for-profit business. He said he wasn't happy to cancel 50 ultrasound appointments.

"I find that very stupid of the minister to announce something without having any details to announce to the private clinics," Martin Lacasse told CBC.

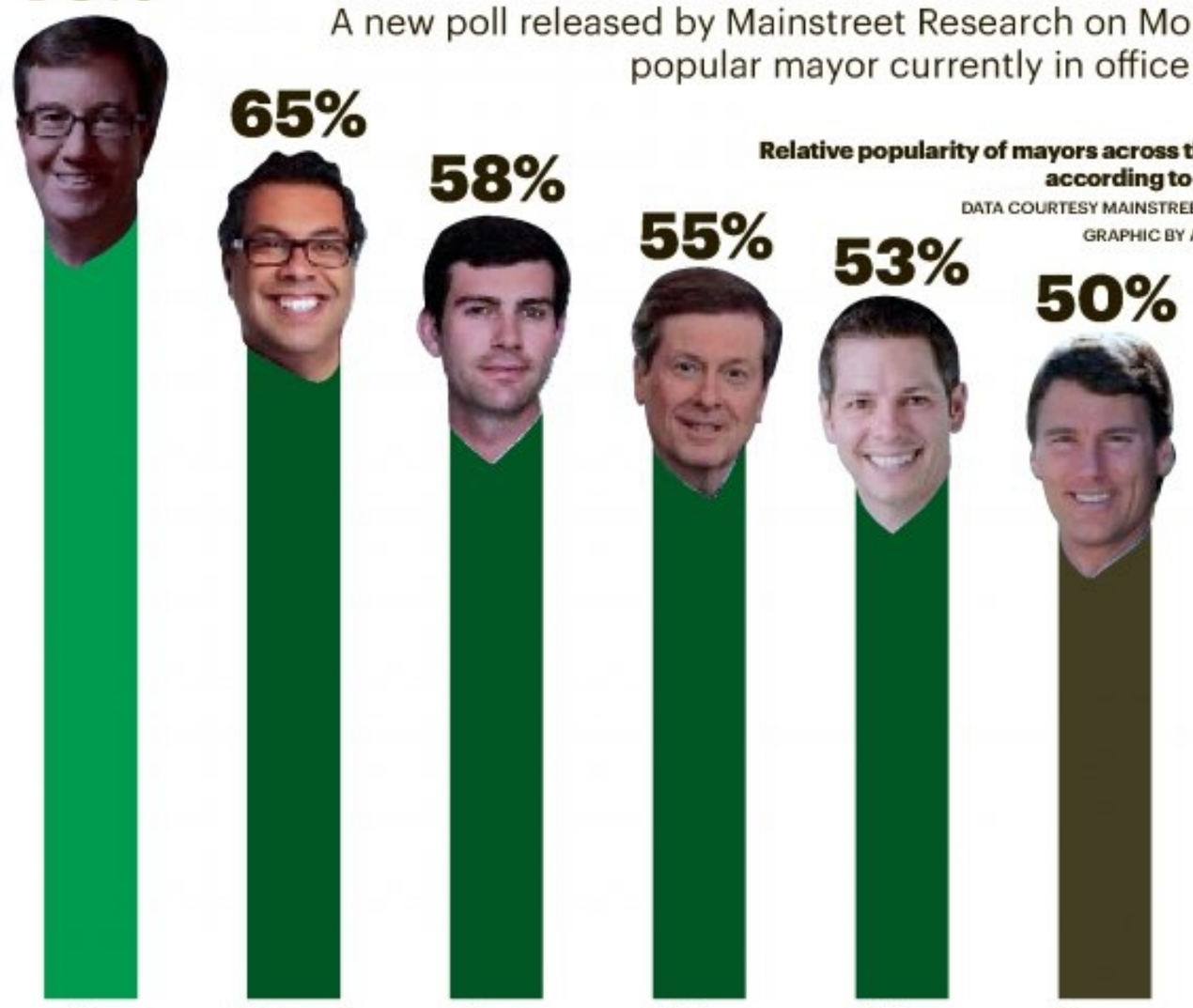
"We are entrepreneurs, and we have to know how much we are going to receive."

Ottawa radiologists have seen an uptick in their business as private clinics close their doors in Quebec. DREAMSTIME

BY THE NUMBERS

Watson wins national popularity contest

A new poll released by Mainstreet Research on Monday shows Ottawa has the most popular mayor currently in office in Canada. METRO



Relative popularity of mayors across the country according to a new poll.

DATA COURTESY MAINSTREET/POSTMEDIA; GRAPHIC BY ANDRÉS PLANA

Mayor Jim Watson is the most popular mayor in the country according to a new poll released Monday, with 79 per cent of Ottawans approving of him.

Mainstreet Research released the poll, which surveyed people across the country about their local mayor.

Most mayors in Canada appear to have high approval rates, but Watson was at the top of the heap above Calgary Mayor Naheed Nenshi at 65 per cent, Toronto Mayor John Tory at 55 per cent and Vancouver Mayor Gregor Robertson at 50 per cent.

> **Some mayors are faring radically better than others.**
> Quito Maggi, president of Mainstreet Research

"Overall, every Canadian mayor we polled has a net positive approval rating — though some mayors are faring radically better than others " said Quito Maggi, president of Mainstreet Research.

Ottawa council also scored well with 65 per cent of people approving of the work council does, again the highest score in the country.

The poll was conducted over the phone and has a margin of error of four per cent 19 times out of 20.

Skaters build momentum

RECREATION

Pop-up park raising money for permanent indoor facility

Adam Kveton
For Metro | Ottawa

Ottawa has plenty of places to skate, but very few to skateboard.

Indeed, while the cold may bring many playgrounds for ice skaters, Ottawa's skateboarders have a much harder time. There are few indoor skatepark options in the city, but a group of volunteers with The Skatepark Project have been working to change that for the past two years with their pop-up skatepark.

Managed by James Noble, founder of New Beginnings Skateboarding, the project takes over the church at 105 Slack Rd. for one week per month every winter, installing removable ramps, rails, manual pads and more, and opening the facility to the skateboarding community for $10 per person.

The money goes towards upgrading the skatepark's obstacles, but the project's ultimate goal is to find a permanent space for Ottawans to shred all year round.

The project grew out of Noble's own interest, as well as the youth movement that his mom, Colleen Noble, directs, called Revolution 457.

Rock concerts organized by Revolution 457 as fundraisers for food banks and other groups began to attract skateboarders.

"Colleen was like, 'hey, let's just have tricks on the carpet,'" said Noble.

Then the next concert included a few obstacles. Next they organized a competition, and momentum continued to grow.

"It kind of evolved over time to the point where we had so much (equipment) three years ago, and we had the volunteers, we had the support of the building, so it was just like, we should try this," said Noble.

Volunteers with The Skatepark Project take over a church every winter for five days a month, giving Ottawa's skateboarders a place to escape the snow. CONTRIBUTED/JAMES NOBLE

> We had the volunteers, we had the support of the building, so it was just like, we should try this.
> James Noble

Now the skatepark sees up to 90 users per week, with skateboarders of various age-ranges taking part.

It also has the support of many of Ottawa's skateshops.

The pop-up park has been a unique way to fulfill a dream for Noble, as well as a resource for Ottawa's skaters.

"I feel not only happy and satisfied when people are stoked and having a great time, but I feel grateful that we actually have the capability to do it," he said.

The Skatepark Project's third winter season begins this week, with facilities open from 4 p.m. to 9 p.m. Jan. 16 – 20 at 105 Slack Rd.

TRANSIT

Board rules bus drivers can strike

Gatineau bus drivers could be on strike as early as Saturday, after a federal board deemed the transit agency a non-essential service.

In a Monday afternoon ruling, the Canada Industrial Relations Board ruled the Société de transport de l'Outaouais (STO) was not an essential service, which would have restricted workers' rights to declare a strike.

STO lawyers argued a strike would "immediately and seriously cause harm to public health and safety," by boosting car traffic and thus hindering emergency responders.

It wanted the board to restrict any possible strike to outside rush hour, defined as 6 to 9 a.m. and from 2:30 to 6 p.m. Monday to Friday.

But the union argued that first-responders could use designated bus lanes to reach emergencies around Gatineau, and leaned on Supreme Court rulings reinforcing the right to conduct walkouts.

"We're really happy," union head Félix Gendron told Metro.

In a written statement, STO director Gilles Carpentier said he was disappointed. "We must respect the decision made today by the CIRB, although this is very bad news for the public and our clientele," he wrote.

The union is meeting Wednesday. On December 11, 2016, members voted 98 percent in favour of striking, which gave the union until February 9 to declare a strike, as long as it gives the public three days' notice. That means a strike could happen as soon as Saturday.

Earlier this month, the union walked out of talks with STO, after the agency imposed disciplinary measures on Gendron and three other union executives.

The union claimed this was related to their labour organizing, which STO contradicted.

DYLAN C. ROBERTSON/FOR METRO

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EXHIBITION

Focus on coach houses

Ryan Tumilty
Metro | Ottawa

Reflecting a new side of the local real estate market, the Ottawa Home and Remodeling Show will feature a section for coach houses this year.

The show set to go this weekend will include a section for the back lane properties that were introduced in bylaw changes the City of Ottawa approved last year.

Robert Johnstone, the show's manager, said there is interest in this kind of development and they wanted to reflect that.

"It gives people a place to explore this option for their properties," he said.

Johnstone said secondary dwellings and tiny houses are becoming popular ideas for homeowners, just as basement renovations did decades ago.

"People used to have the common root cellar with a washing machine in their basement and then people started to use them," he said.

He said some may use them to generate income as secondary suites, while other people may look to the suites for in-laws or even man caves.

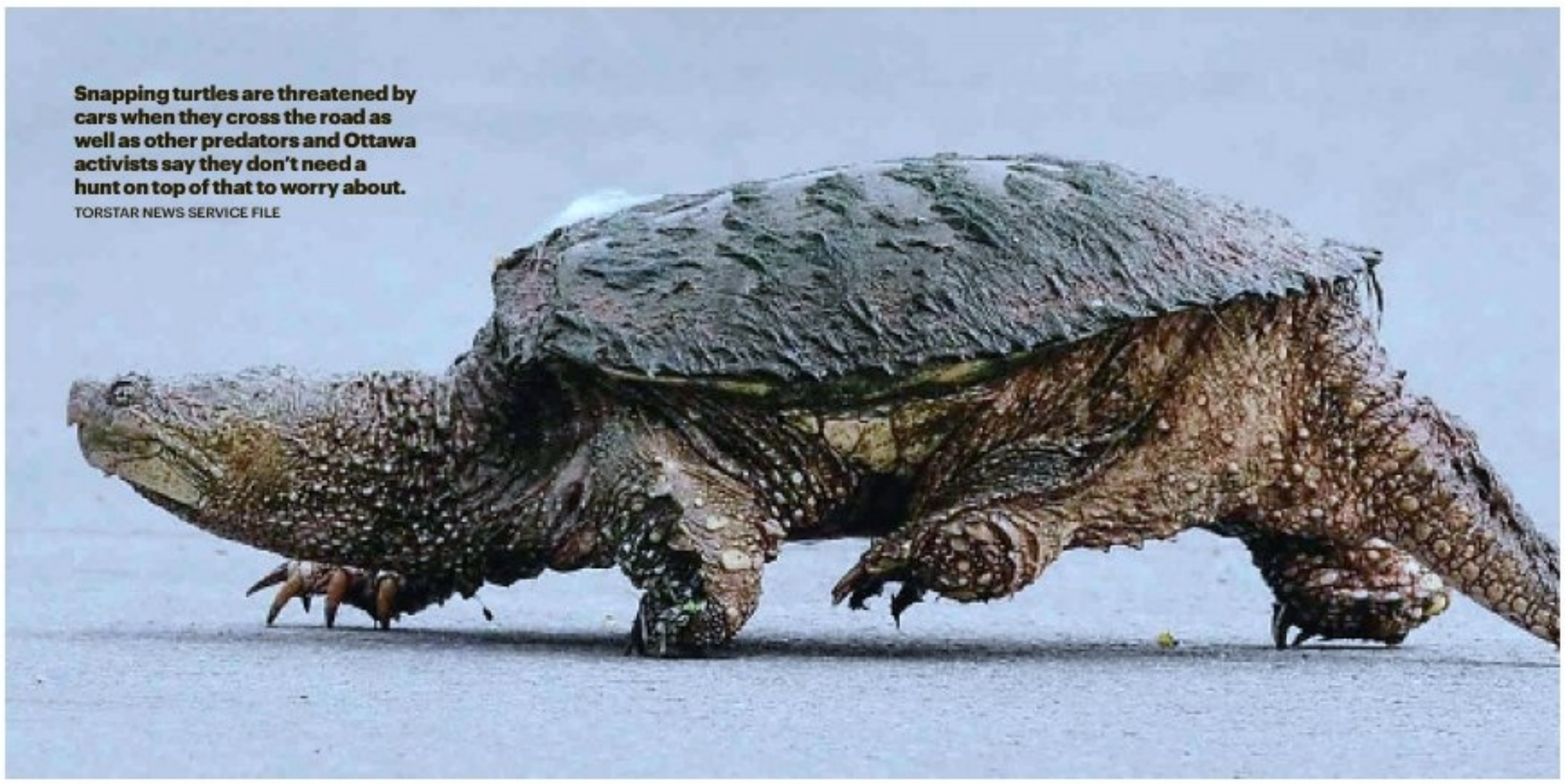
Martin Bisson, owner of Lumbec construction, will have several designs on site at the show for people to check out.

He said every time his company posts a coach house design on Facebook they are flooded with interest.

"We have a lot of interest, a lot of people are asking questions about it," he said.

He said the homes make sense in a world where people are trying to reduce their carbon footprint.

"Everything that is small and energy efficient has a lot of attention in the market."



Snapping turtles are threatened by cars when they cross the road as well as other predators and Ottawa activists say they don't need a hunt on top of that to worry about.
TORSTAR NEWS SERVICE FILE

Why this Ontario turtle could be gone in a snap

WILDLIFE

Road kill rate and shrinking habitat puts species at risk

Adam Kveton
For Metro | Ottawa

They're big, they bite and they're at risk.

But you can still hunt them in Ontario.

A local group says that could spell the end for snapping turtles.

And while the province is looking into restricting the hunt, local nature groups are hoping to do away with it entirely.

Local ecologist David Seburn who prepared the Ottawa Field-Naturalists' Club's submission to the environmental registry said the province's interest in continuing the hunt is "not based on science."

"It's based on the fact that we've done this historically, why don't we keep on doing it? That's not necessarily a good idea," he said.

That's because he says the hunt is not sustainable due to things like habitat reduction and road kill rates, as well as the way snapping turtles breed.

It takes about 20 years before a snapping turtle can give birth to any progeny, and when they do, their nests are often raided by predators, said Seburn.

"In addition, during June, typically when the adult females are out laying their eggs, those are the turtles that are most apt to be run over on the roads," he said.

"We know that hundreds of snapping turtles are killed on the roads every year," said Seburn. "We are killing the most valuable members of the population … and that does not make a lot of sense if you want to have a sustainable hunt."

Currently, the province allows snapping turtles to be hunted all year in some areas and between July 15 and Sept. 15 in others. The daily bag limit is two, and the possession limit is five, according to the 2016 hunting regulations summary.

> **Hundreds of snapping turtles are killed on the roads every year.**
> David Seburn

The Ministry of Natural Resources and Forestry has proposed that it "restrict (the) snapping turtle harvest across Ontario."

In addition to the local field-naturalists' club, Ontario Nature and the Canadian Herpetological Society are also calling for an end to the snapping turtle hunt, said Seburn.

Comments on the province's proposed changes to its hunting regulations are open until Jan. 30.

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Trudeau trip to be probed

ETHICS

Watchdog to investigate use of Aga Khan's helicopter

Justin Trudeau and Aga Khan in May 2016. SEAN KILPATRICK/THE CANADIAN PRESS

Canada's ethics watchdog plans to take a closer look at Justin Trudeau's recent family holiday at the Aga Khan's private island in the Bahamas, fanning the flames of a controversy the government has so far been unable to snuff out.

Trudeau's holiday with the Aga Khan — a family friend, noted philanthropist and hereditary spiritual leader to the world's approximately 15 million Ismaili Muslims — bears closer scrutiny, ethics commissioner Mary Dawson confirmed Monday.

In a letter to Blaine Calkins, one of two Conservative MPs who filed formal complaints, Dawson said she will examine both Trudeau's stay at the island and his use of the Aga Khan's private helicopter to get there.

Dawson wrote that she has "commenced an investigation" to determine if Trudeau broke two sections of federal ethics laws "in connection with his recent stay at and travel to the Aga Khan's privately owned island."

The vacation included Trudeau, his wife and three kids, Liberal MP Seamus O'Regan and Liberal party president Anna Gainey, all of whom took part in helicopter flights between the capital city of Nassau and the secluded island.

THE CANADIAN PRESS

Police guard the entrance of the Blue Parrot nightclub in Playa del Carmen, Mexico. THE ASSOCIATED PRESS

MEXICO

Canadians killed in shooting

Two Canadians were among at least five people killed Monday in a shooting attack at an electronic music festival in Mexico's Caribbean coast resort of Playa del Carmen, Mexican authorities said.

And Canadian government officials added that at least two other Canadians were wounded in the deadly incident at a popular night club.

The attorney general of Quintana Roo state said three of the dead appear were part of the security detail at the 10-day BPM electronic music festival.

Miguel Angel Pech said the shooting occurred about 2:30 a.m. at the Blue Parrot nightclub, one of the BPM Festival's venues in Playa del Carmen, just south of Cancun.

Pech said a lone gunman apparently tried to enter the nightclub, but was denied access because he had a gun.

The gunman began to exchange fire with another person inside, he said, and festival security personnel tried to stop the shooting and came under fire.

Pech said it was not a terrorist attack and that three people had been detained nearby, but it was unclear if they had been involved in the shooting.

"We know of another shooting incident that occurred near the nightclub, but we are investigating whether that is related" to the nightclub shootings," Pech said.

THE ASSOCIATED PRESS

IN BRIEF

Home sales rebound

Home sales are not going to be as big of a boost to the Canadian economy this year as they were in 2016, the Canadian Real Estate Association said Monday as it released its latest batch of figures.

The real estate association says home sales were up 2.2 per cent in December from the previous month, rebounding partially from a big drop following the introduction of new mortgage rules.

THE CANADIAN PRESS

Family finds pills in tub of ice cream

Niagara regional police are advising residents to be alert after discovering Advil capsules in a container of ice cream.

They say a resident opened a sealed container of Iceberg French Vanilla ice cream and began serving it to family members before discovering about eight pills in the container.

No one ingested the pills found inside the ice cream. THE CANADIAN PRESS

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Stock photo. Posed by model. © Ontario Securities Commission

Poutine, politics at Trump tailgate

INAUGURATION

Canada's party at its embassy a hot ticket for U.S. bigwigs

No, Donald, not Putin. Poutine.

Canada's embassy in Washington, D.C., is celebrating Donald Trump's Friday inauguration with an invitation-only "tailgate" party featuring delectable Canadian cuisine — "including but not limited to poutine, British Columbia salmon, Canadian beef and tourtière," embassy spokeswoman Christine Constantin said in an email.

There might be tasty surprises. The 2013 party for Barack Obama's second inauguration involved Tim Hortons coffee, Molson beer, Crown Royal whisky and BeaverTails.

The embassy shindig is always one of the most sought-after tickets of America's celebration of democracy. Partly because Americans like Canadians, sure, but mostly because of its unsurpassed view of the parade route. The Arthur Erickson building on Pennsylvania Avenue is the only embassy located between the White House and the Capitol.

The party has been held since Bill Clinton's inauguration in 1993, though it hasn't always been a "tailgate." Canadian diplomats this time expect 1,800 guests, including big shots in politics, diplomacy and business. Newt Gingrich, a prominent Trump ally and the former speaker of the House of Representatives, has shown up for three inaugurations in a row.

> **Hosting an event at our embassy gives Canada an excellent opportunity to further build on our relationships.** Christine Constantin

Most of the guests will hang out in the embassy courtyard and indoor Canada Room and theatre, watching Trump's swearing-in and inaugural address on television screens. The elite among the elite will get to have brunch with Ambassador David MacNaughton on the 6th floor, which offers majestic views of the Capitol.

Like most of official Washington's social events, this one serves a political purpose. Canada's schmoozing with U.S. power brokers may be especially critical at a time when the incoming president is vowing to renegotiate the North American Free Trade Agreement, impose new import taxes, pursue "Buy American, Hire American" economic policy and change the U.S. relationship with its military allies.

"Hosting an event at our embassy gives Canada an excellent opportunity to welcome important guests, further build on our relationships and continue to advance Canada's interests in the United States," Constantin said.

Constantin said some Canadian companies would "cover the cost of the event" and others would donate food and drinks.

TORSTAR NEWS SERVICE

The view of the U.S. Capitol from the Canadian Embassy in Washington on Jan. 20, 2009 — the day Barack Obama took the Oath of Office to become president. AARON HARRIS/TORSTAR NEWS SERVICE

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TECHNOLOGY

Drone company sued for allegedly fake ad

Colin McNeil
Metro | Toronto

If it sounds too good to be true, it probably is.

That old adage is front-and-centre in Silicon Valley this week after the company behind a high-tech robot drone collapsed, leaving customers without the flying gizmo they were promised.

Startup Lily Robotics claimed their tiny black drone could fly unaided and follow you around — for a maximum of 20 minutes — whether you were out for a casual stroll or snowboarding down a mountain.

A promotional video showed the Lily tracking users through snow, wind and water, coming to a rest on their hand when finished, seemingly by magic. An impressive demonstration, except that it was — allegedly — totally fake.

In a newly filed consumer protection lawsuit, the San Francisco District Attorney's office says the footage used to promote Lily was actually filmed entirely with other drones, according to Forbes. The suit alleges that the company intentionally lied to potential customers through the video and calls for a temporary order to prevent the company from conducting business.

Startup Lily Robotics' final Twitter messages, from December 2016, aim to reassure nervous customers the company is still "finalizing our international shipping timeline" and plans to ship in early 2017.

The Lily net $34 million from would-be customers. LILY ROBOTICS

ECONOMY

Stronger growth projected

The International Monetary Fund is raising its forecast for the U.S. economy this year and in 2018, reflecting an expected boost from the economic policies of President-elect Donald Trump.

The IMF report said Canada is headed for stronger economic growth in 2017 and 2018 than last year and also increased 2017 growth projections for a number of other countries including China, Germany, Japan and Britain, but warned that the global economy faced a number of downside risks including rising protectionist trade pressures.

The 189-nation global lending agency's latest economic outlook, released Monday, took note of the significant impact Trump's election has already had in giving a boost to U.S. stock prices, interest rates and the dollar. The new outlook puts U.S. economic growth at 2.3 per cent this year and 2.5 per cent in 2018. That would be an improvement from lacklustre U.S. growth around 1.6 per cent in 2016.

During the campaign, Trump said his policies of tax cuts, regulatory reform and boosts in infrastructure spending would lift U.S. growth to annual rates of 4 per cent. THE ASSOCIATED PRESS

GLOBAL DIGEST

NORTHERN IRELAND
Unity government falls
Northern Ireland's shattered unity government will be dissolved next week to make way for an early election demanded by the coalition's main Irish Catholic party, the secretary of state for the British territory announced Monday.

Secretary of State for Northern Ireland James Brokenshire said the election to re-elect the Northern Ireland Assembly would be held March 2, six weeks after its dissolution.

SOUTH KOREA
Samsung scion accused
In a departure from the leniency typically given South Korean big businesses, prosecutors on Monday requested the arrest of the de facto head of Samsung Electronics, the country's most valuable company, in an influence-peddling scandal that has toppled the country's president.

Lee Jae-yong, the vice-chairman at Samsung Electronics, faces allegations of embezzlement, of lying under oath during a parliamentary hearing and of offering a bribe of 43 billion won ($36 million US) to a long-time friend of impeached President Park Geun-hye.

KYRGYZSTAN
Cargo plane crash kills 37
A Turkish cargo plane crashed Monday in a residential area just outside the main airport in Kyrgyzstan, destroying half of a village and killing at least 37 people in the plane and on the ground, the Emergency Situations Ministry said.

The Boeing 747 crashed at 7:40 a.m. local time while approaching Manas airport, south of the capital, Bishkek, in this Central Asian nation. Footage from the scene showed the plane's nose stuck inside a brick house and large chunks of debris scattered around.

NIGERIA
Bombers kill professor, child
Three suicide bombers, including a child, exploded at dawn Monday at Nigeria's northeastern University of Maiduguri, killing a university professor and another child, witnesses and police said. The bombers also died.

One blast ripped through the mosque where professors were saying dawn prayers and at least one is among victims, police and rescue officials said.

The second explosion occurred when police patrolling the back of the university shot a 12-year-old girl strapped with a suicide vest, setting off the explosives.

THE ASSOCIATED PRESS

Suspect in Istanbul New Year's attack captured

The Reina club attack suspect after being caught by Turkish police in Istanbul on Monday. DEPO PHOTOS VIA THE ASSOCIATED PRESS

TERRORISM

Massacre claimed 39 lives, including one Canadian

A gunman suspected of killing 39 people including a Canadian woman during a New Year's attack on an Istanbul nightclub has been caught in a police operation, Turkish media reports said early Tuesday.

The suspect was captured in a special operations police raid on a house in Istanbul's Esenyurt district, private NTV television reported. The broadcaster said he had been staying in the house belonging to a friend from Kyrgyzstan.

Daesh has claimed responsibility for the nightclub massacre, saying the attack in the first hours of Jan. 1 was in reprisal for Turkish military operations in northern Syria. The man identified as the suspect had been on the run since the attack.

Hurriyet newspaper and other media have identified the gunman as Abdulkadir Masharipov, an Uzbekistan national. The suspect was to undergo medical checks before being taken to police headquarters for questioning, the paper said in its online edition.

Dogan news agency published what it said was the first image of the attacker. It showed a bruised, black-haired man in a grey, bloodied shirt being held by his neck. Private NTV television said the gunman had resisted arrest.

NTV reported that the suspect's Kyrgyz friend and three other people also were detained. His four-year-old child, who was with him at the home, was taken into protective custody.

Hurriyet newspaper said the alleged gunman's wife and one-year old daughter were caught in a police operation on Jan. 12.

Police established his whereabouts four or five days ago, but delayed the raid so they could monitor his movements and contacts, NTV reported.

THE ASSOCIATED PRESS

EXPLOITATION

Survey of child abuse victims finds parents main culprits

It would often happen late at night.

A father, respected as a professional and family man, would awaken his two toddler daughters and take them to his back office, away from the bedrooms where their mother and siblings slept.

Groggy and confused, the girls would follow his instructions and pose naked against a studio backdrop or with props such as boas and coconut bras and hula skirts.

As they grew older, strange men would arrive when their mother was away. Under their father's guidance, the girls would reluctantly agree to do what they were told.

"I would see him over me and we were both naked," recalls Odette, now 23, one of three sisters speaking publicly for the first time about the abuse their father inflicted. "He would tell me it was a special bond for us."

The father would post their special bond with parents and abusers across the U.S. and Europe as a central player in an international child exploitation ring involving more than a million images.

Odette and her sisters Rosemary and Lucy (pseudonyms they chose) are among the victims of what a new international survey conducted by the Canadian Centre for Child Protection suggests is a widespread tragedy — child exploitation rings led by parents of the abused.

Responses from 128 child abuse survivors across North America and Europe found 52 per cent were victimized by a network of abusers, overwhelmingly involving their own parents, who shared images and even their children themselves with others. In most cases — nearly 70 per cent — images were then shared with millions more strangers online.

Most survivors are haunted by the online life of the imagery. More than 70 per cent surveyed said that the imagery never ends and makes them feel vulnerable to being recognized. About 90 per cent said their abuse affected both their education and professional success, in part because they know their victimization continues online.

About 30 per cent said they had been recognized by someone who saw their images online. Of those, 64 per cent said they were "targeted" — either blackmailed or propositioned.

"We were definitely most shocked about the extent of organized child sexual abuse in our survey," says executive director Lianna McDonald. "We learned that often those closest and most trusted by children were responsible for not only abusing their children, but sadly, also orchestrating and facilitating the abuse by many others."

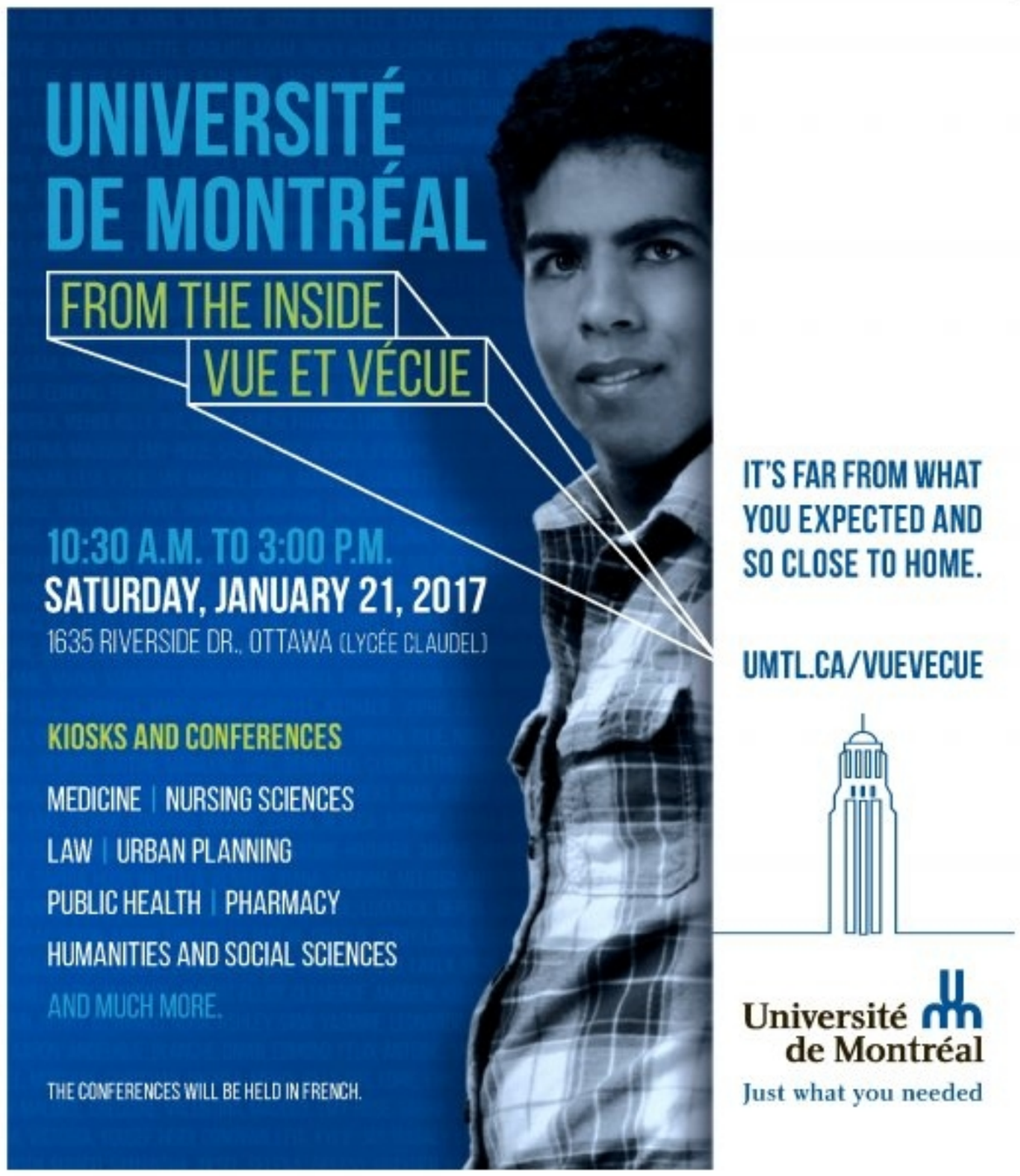
The survey defines organized sexual abuse as involving multiple offenders, primarily parents and relatives, creating and sharing child sexual abuse images, exchanging children for sexual purposes or engaging in "sadistic, torture-related and ritualistic abuse."

52%

Responses from 128 child abuse survivors across North America and Europe found 52 per cent were victimized by a network of abusers, overwhelmingly involving their own parents.

The story of the three sisters is the story of most child abuse victims. Their abuse, like 60 per cent of survey respondents, involved a parent, most often a father. Like the more than 80 per cent of respondents, they are female.

TORSTAR NEWS SERVICE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METRO FOCUS ON ACTIVISM!
ALL WEEK: COMMENTARY AND IDEAS ON POLITICAL ACTION

VICKY MOCHAMA
ON PROGRESSIVES LOSING THEIR OWN GAME

Direct action is not an exclusively left phenomenon. In fact, it was activism, in various forms, that won the U.S. election for Donald Trump.

With the publicity of activist movements like Idle No More, Black Lives Matter and Occupy Wall Street, it's easy to say that activism failed to win the American election.

In fact, activism elected Donald Trump. Activism, too, will be necessary in the next few years.

After the election of Barack Obama, two ongoing phenomena strengthened in volume and vigour.

First, there was the Republican strategy of engineering the boundaries of electoral districts to its own advantage. Having won governorships and legislatures in key states like Pennsylvania and Michigan after redistricting campaigns, the GOP began winning at the national level where Democrats had usually won or traditionally had a fighting chance.

With millions of dollars in funding, such efforts changed the electoral map. In politics, malfeasance is the name of the game. Done artfully, it's strategy.

This was at time when resistance to the ideas that elected Barack Obama began to coalesce online. In spaces once devoted to gaming and picking up women, men (and some women) shared their frustrations with being alienated by the gains of feminism and identity politics. Thus, they organized.

These activist streams found common cause across the Obama years on issues like abortion, and equal marriage. In Trump, however, the net effect: a society that has more readily accepted the racist, sexist and xenophobic politicians who now enjoy broad governing power across the federal branches and in almost two-thirds of states.

GOOD for GOOSE, GOOD FOR GANDER President-elect Donald Trump raises his fist, a gesture that since ancient times has signified resistance, at a rally in Alabama in December. GETTY

Clearly this amounts to a virulent and intolerant brand of activism. And it has radically altered politics.

And yet, in the aftermath of the election, left-leaning people have been told to dilute their messaging. Focus on people's economic anxiety. Get out of your bubble. Stop talking about race.

It's very liberal to dull the edges of one's harshest criticisms. It is a crazy-making proposition. The solution shouldn't be to back off. The left needs to become louder and more forceful in its criticism and its co-ordination.

There are a breadth of activist groups, from the water defenders of Standing Rock to the organizers of Black Lives Matter, advancing a cultural conversation around human rights. The liberal majority that voted for Hillary Clinton is ready and willing to be mobilized.

Within this broad coalition, however, lies the problem of going high when others go low.

After a firebombing at a local North Carolina GOP office in October, liberals crowd-funded in sympathy. Mind you, this is a party that was already in power and had passed some of the country's most restrictive voter-ID laws such that large numbers of black voters were disenfranchised. After all that do-gooding, Trump won the state. In this way, the focus on winning over hearts and minds was divorced from political pragmatism.

The Canadian political equivalent is, in our fashion, much more laughable. Members of the left-of-centre parties — Green, NDP, Liberal — have been enrolling in the Conservative party in order to ensure Kellie Leitch won't win the leadership race. Again, rather than doing any number of activities to bolster the liberal cause, voters on the left are handing their money to the literal opposition. (At a cost of $15 for a year, that's three elitist lattes they could be sipping on.)

The fight for human rights, against oppression and towards equality isn't easy and it never ends. And, right now, the forces on the other side are showing, by their willingness to organize and act collectively, that they simply want it more.

Whether he's a tyrant or simply a toddler, millions of lives and livelihoods are at the mercy of Trump's whims. Protecting them — and one another — will require activism with clarity and courage.

DAILY ACTIVIST AFFIRMATION Heed Joe Hill!

"As 2017 kicks off, labour organizer and singer Joe Hill's century-old words as he faced a Utah firing squad ("Don't waste any time in mourning. Organize!") have taken on a renewed meaning. In the face of what can seem like overwhelming odds, time and time again, people have shown that successful organizing against injustice, building power through building and strengthening organizations and community depends on lots of vital but unseen everyday 'grunt work.'"
- Prof. Aziz Choudry, author of Learning Activism

Making noise and making change

COLLINS' CAPITAL
Steve Collins

At first glance, the Human Rights Monument on Elgin seems a remote starting point for a "Women's March on Washington," organized in solidarity with the big one in the U.S. capital, but voices raised together can carry a long, long way.

And Ottawa is a government town where we don't shrink from giving the government hell.

This is, after all, where federal government scientists rallied en masse against policies that stopped them from talking publicly about their work, and where one of them, Tony Turner, was suspended without pay (he subsequently retired) over his political protest song, Harperman.

Federal prosecutor Emilie Taman, who lost her job after being denied leave to run for the NDP and doing it anyway, kept on fighting as a member of Bookmark the Core, pressuring city hall to build the new central library closer to the town's, well, centre.

Activism isn't easy. Defeat, sometimes temporary, sometimes total, comes with the territory. Friends of Lansdowne organized, protested, and even took the city to court over its sole-source deal with Ottawa Sports Entertainment Group to redevelop the public park. They lost (and the city, in a creepy display of sore winning, started musing about going after such grassroots groups to recoup legal costs.)

Name-calling is also an activist's lot. Community activists are reflexively dismissed as NIMBYs, community engagement somehow recast as selfishness. Not so long ago, a federal cabinet minister was denigrating environmentalists as "foreign-funded radicals." He's out of office; they're still fighting.

But out of the singing, the marching, the petitions and general harassment of elected officialdom, the small victories add up.

The improved prospects of a supervised injection site in Sandy Hill, which has faced no end of official obstruction, can be ascribed in part to tireless advocacy of groups like Canadians for Safer Consumption Sites. Change doesn't happen quickly or cleanly, but if you keep pushing, it can happen.

Elected officials wear pink to stand against bullying every April, after tireless campaigning by Jeremy Dias, founder of the Canadian Centre for Gender and Sexual Diversity.

Dias started his career in high school, where he was bullied for coming out as gay. Instead of taking it, he sued his school and board, won and put the proceeds towards making life easier for the next generation of kids.

Saturday's marchers will make their way past Parliament Hill, the perennial stomping grounds of loud, proud demonstrators of every imaginable stripe and home of a statue of former Ottawa mayor Charlotte Whitton, the feminist rabble-rouser and first woman to govern a major Canadian city.

"Whatever women do they must do twice as well as men to be thought half as good," she famously snarked. "Luckily, this is not difficult." Is it so hard to imagine a sisterly thumbs-up from mayor Whitton as the Women's March passes by?

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The B Street Band, a Bruce Springsteen tribute act, have pulled out of playing Donald Trump's inauguration

CULTURE

The separation of dog 'parents' can be tough on the pooch too

Sharing Rex with the ex

Tiana Leonty and Jarret Wright have shared custody of their five-year-old dog Rex for a year since their split. TORSTAR NEWS SERVICE

As Tiana Leonty and Jarret Wright's relationship was ending their biggest concern was "What do we do with Rex?"

The 72-pound German shepherd mix was a handful. Almost five years old and racked with separation anxiety, a condition they expected would only be aggravated by losing a "parent" in a leash tug of war.

They bought him together, trained him together, and adored him together.

"We both loved Rex right away," says Leonty, who, like Wright, grew up with a dog. Rex came into their lives in 2015 as a three-year-old rescue. The Toronto-based actors, who had been living together for two years, broke up just four months after getting the dog and faced the question of what to do with Rex.

"I could not take him from Jarret. It would break my heart," Leonty says. Wright too couldn't part with Rex or take him from Leonty, so the ex-couple decided to "co-parent." instead.

This arrangement could become more commonplace as millennials opt to adopt pets rather than have babies as they delay marriage and home ownership.

Breakups involving pets don't always end this well. A judge in Saskatchewan recently rebuked a childless couple in family court over an application to determine where two of their dogs would stay while the divorce is finalized. The wife asked that the case be treated with a "custody approach" as with kids in a divorce, but the judge decided a "dogs are property" approach was best. In a 15-page decision, the judge recommended the dogs stay with the wife's parents in the interim.

"In Canada, we tend not to purchase our children from breeders," wrote Justice Richard Danyliuk, noting that, while "there is a distinction between animals and inanimate objects, it is also true that both are property and are not dealt with under child custody principles."

At the Toronto Centre for Canine Education, Caryn Liles has counselled clients during pet custody negotiations. She has successfully co-parented a three-legged dog with an ex for 10 years. The dog, Parker, died last year at the age of 14.

"He was a really sensitive dog in a lot of ways but really bomb-proof in others. He was comfortable going back and forth; he didn't feel uprooted every time," says Liles, who lived a 20-minute streetcar ride from her ex when they shared Parker. Liles often suggests a "trial period" where the "co-parents" try shared custody for a couple of months and then reassess.

PET PRE-NUP

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

"If the dog is experiencing behaviour challenges like reactivity or aggression or general anxiety or separation anxiety, shared custody — the back and forth, the uprooting — can be really traumatic for them," she says.

That's what made Leonty nervous about co-parenting Rex with Wright, who was more adamant that they try joint custody.

"I was worried about Rex because he's a rehab dog and the ideal situation is for the dog to have one owner," says Leonty, repeating the advice of multiple dog trainers. But ultimately, they decided they'd need each other's support in caring for Rex.

"We didn't want to give him up, so we thought we'd do this and see how this works," says Jarret. "It's like sharing a kid."

When they moved out, they decided to live just three blocks apart to make the swapping easy. They didn't draw up any "custody" papers, but soon developed a flexible "3-4/4-3" system: she has Rex for 3 days; he gets Rex for 4, then she for 4 and so on. After one year of co-parenting the arrangement has been a success.

When sharing doesn't work, some people get litigious. That often gains media attention but disputes over animals rarely make it before a judge, says Mike Saini, University of Toronto social work professor and custody evaluator for the Office of the Children's Lawyer.

"Most people can resolve their disputes without the courts," he says. "Family courts are already overtaxed by too many cases. I would rather see these cases be triaged in a different way."

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

Leonty and Wright aren't thinking about paperwork. After a year of sharing Rex, they've passed the "trial period."

"If a partner comes into the mix, they have to accept the arrangement and the dog," says Wright. "Beyond that they have to accept who my friends are and my ex is one of my closest friends." TORSTAR NEWS SERVICE

Q&A

Why a split can spark a new you

Jill Sockwell's new book, The Optimist's Guide to Divorce, sees her outline how divorce can be the spur for real, positive changes in your life.

When Jill Sockwell's marriage came apart, her plan was to binge read her way through the self-help section at the bookstore.

What the mom of two from Maplewood, N.J., found, however, is that those shelves offered mostly dry, clinical books on "surviving" divorce, usually penned by therapists.

"On the flip side there were the memoirs like Eat, Pray, Love," says Sockwell, "but I didn't have the time or the budget to go find myself in Bali. I had to find myself on my couch while my kids were asleep in bunk beds."

She did, however, have time to find a new friend in Suzanne Riss, also recently separated. Together they founded a network of single moms called the Maplewood Divorce Club and co-authored a new book called The Optimist's Guide to Divorce: How to Get Through Your Breakup and Create a New Life You Love.

You've said you wanted to challenge the notion that divorce is one of the worst things that will ever happen to you. How so?

I remember reading this quote: "The world is round and the place which may seem like the end may also be only the beginning," by (former U.S. treasurer) Ivy Baker Priest. I was like, "That's it! This will be challenging, undoubtedly. It'll be hard for me, it'll be hard for my ex — it's going to be hard for the kids. But I'm going to find purpose from this."

How do people start down that path when at the beginning they're so devastated?

Part of creating a new life when you're going through a separation and divorce — the first part really — is acceptance. So it's kind of getting unstuck from the "coulda, shoulda, woulda-ing" of the past. To say, "This is really happening." And then once you've accepted that, you have to choose how to move forward. Maybe you don't want to stay (where you're living). Maybe you won't have to. Maybe you never went on a beach vacation because he didn't like the beach. There's little things like that that you get to choose differently now, and then there's big things, like maybe you're going to have a new career. It's guaranteed that your life is going to look different and be different. So once you have accepted that, you can move to the place of being empowered to create a whole new life.

There's such a good message in your book about using the end of a relationship to introduce positive changes in your own life. You changed career. How have you seen that playing out for the other members of the Maplewood Divorce Club?

I think what's interesting is that we put ourselves in little boxes, as humans, and everybody does it. And I think when you get divorced, it's a great time to get a box cutter and say, "I'm going to give myself a lot more freedom to take stock of who I am right now and what I might want." So what we see a lot in the group is that people make some dramatic changes. They buy new houses. They switch careers. We see people really delve into their past relationship patterns and do a lot of hard work on themselves with the hope and the intention of really switching it up, changing their lives and making the best of every day.

TORSTAR NEWS SERVICE

Managing the world's hospital

DOCTORS WITHOUT BORDERS

Life on the front lines of global crises is getting harder

Genna Buck
Metro | Toronto

METRO FOCUS ON ACTIVISM!

Doctors Without Borders — known outside North America as Médecins Sans Frontières (MSF) — has had a tough several years.

The organization was left holding the world's (barf) bag as the major clinical provider on the ground during the 2014-2016 Ebola epidemic in West Africa. It's still reeling from the 2015 U.S. airstrike on an MSF hospital in Kunduz, Afghanistan that killed scores of patients and 14 staff.

Meanwhile, the charity that has been the world's hospital for 40 years has taken on the role of the world's ambulance, too, by manning three ships tasked with rescuing desperate, drowning migrants from the Mediterranean.

Metro spoke to Joanne Liu, a Canadian pediatrician and MSF's international president, about her worries and hopes for global health in 2017, and how, despite being neutral, the group has been forced into an activist role.

Joanne Liu, international president of Médecins Sans Frontières, treats patients in South Sudan in 2015. CONTRIBUTED

How bad was 2016 from your vantage point?

It was a tough year. Flouting of international humanitarian law happened over and over again. We pushed for UN resolution 2286 — it was actually passed unanimously and backed by 85 countries — but we didn't have much of a change in the field.

As well 2016 has been a really, really, scandalous year for people who are in forced displacement. States have been flouting their commitment to giving protection to refugees.

Which countries specifically need to shape up?

Collectively, something needs to happen. But the European Union with the EU-Turkey deal is one of the big issues. They have externalized the management of their border to Turkey, which already has three million refugees. They gave (Turkey a deal worth 6 billion Euros) and said "We don't care, just take care of them." Only 70,000 refugees will have access to Europe. This is really outrageous.

As you look into 2017, is the migrant crisis going to be your top issue?

My top priorities are the attack on the medical mission (in Kunduz); the follow-up of that. Second is the forced displacement crisis. Third is legacy of Ebola, and fourth is the antimicrobial resistance crisis.

What are the challenges around Ebola today?

About 15,000 people survived (the 2014-16 outbreak). Survivors are patients. They still carry the virus in their body fluids for a time.

The other part of the legacy is developing tools to fight Ebola if it were to come around again. Ebola was discovered in 1976. (In 2014) it had no vaccine, really, no specific treatment, and no rapid diagnostic test. This showed us the failure of the research and development model, which, today, is driven by market potential. So now a lot of people, we're saying we need tools to respond to potential bio threats. That's going to be the biggest positive legacy of Ebola.

How does the changing political climate affect your work?

It's way too early to say. Does it create uncertainty? Yes. Will it have a rippling effect on Europe? Possibly. What we're concerned about is people looking at everything through the lens of domestic interests. That's very short-sighted. We can't think of our security in isolation of the rest of the world.

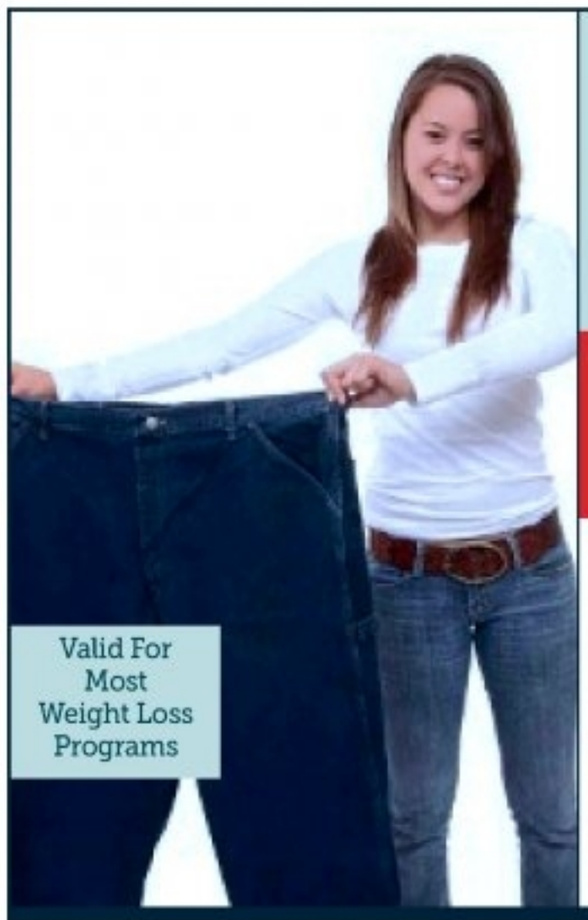
When people thought of MSF ten years ago, they weren't thinking of people being rescued from the Mediterranean. What has that been like?

I'm glad that MSF has been able to morph and adapt to the needs of the population in need. This isn't the first time we've done this. When HIV came, we didn't know how to treat it. We developed the know-how as we went along. And I think that's what we're doing as well right now with the forced displacement crisis.

There's increasing rhetoric that refugees and asylum seekers are not legitimate, that they're queue jumpers...

Today, someone who is fleeing for his life is treated as a criminal when he arrives somewhere. Even if we don't think someone is entitled to the label of refugee, they still should be treated with dignity. I think in the 21st century we should be giving dignity to every single human being on earth.

Médecins Sans Frontières' Joanne Liu speaks with locals in Yemen. CONTRIBUTED



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JOHANNA SCHNELLER
WHAT I'M WATCHING

On a recent episode of Black-ish, the Johnson family reacts with shock to Donald Trump's win. AP FILE

Nothing 'ish' in special episode

THE SHOW: Black-ish, Season 3, Episode 12
THE MOMENT: Dre's history lesson

Months after the U.S. elected Donald Trump, Dre Johnson's (Anthony Anderson) ad-agency colleagues can't stop arguing about it. Stevens (Peter Mackenzie) blames black voters. Daphne (Wanda Sykes) blames white women. Dre snorts.

"Why do you not care about our country?" Stevens asks.

"I love this country," Dre replies, "even though at times it doesn't love me back." In the background, Nina Simone begins singing Strange Fruit. Photos of segregation and urban blight fill the screen.

"The system has never worked for most black people," Dre says in voice-over. "But we still tried to do our best, even though we had to live in neighbourhoods you wouldn't drive through. Send our kids to schools with books so beat up you couldn't read them. Work jobs you wouldn't consider.

"I'm used to things not going my way," he sums up. "I'm sorry that you're not and it's blowing your mind."

From the opening shot — the Johnson family reacting with shock to Trump's election — you knew this was a Very Special Episode, the sort of cultural commentary Norman Lear did on All in the Family (rape) and Maude (abortion).

Black-ish creator Kenya Barris is stepping up to be the new Lear — see his prior episode about police shootings of unarmed black men.

Here, he dives deep. I don't have room to quote Dre's whole speech, but it's powerful, culminating in a cri de coeur about slavery.

The episode ends on a call to come together. But Barris has most certainly thrown down a gauntlet about where he's coming from.

Black-ish airs Wednesdays on ABC and City.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ADVOCACY

Ivanka plotting a Washington reshuffle

She may not be working in the White House, but that doesn't mean Ivanka Trump is staying out of politics.

Although she has said she will have no official role in her father's administration, Ivanka Trump has been quietly laying the groundwork for an effort that could make her perhaps the best-connected policy advocate in Washington. Trump, who has made clear she wants to push for policies benefiting women and girls, last week sought the advice of a group of female executives and media stars in New York City. And transition aides have reached out to congressional staff on childcare policies, an area she has urged President-elect Donald Trump to prioritize.

In a Facebook post detailing her next moves, Ivanka Trump thanked people who had reached out on such issues and added that she is determining the "most impactful and appropriate ways for me to serve our country."

It is not clear if Trump will establish herself independently or if she will eventually enter the White House. But operating from the outside may take her into uncharted territory, as there are few recent examples of a first family member without a White House office advocating for policies. The closest model is the first lady, who has an office in the East Wing.

For now, the businesswoman has said only that she is stepping away from executive roles at the Trump Organization and her lifestyle brand and is moving her family to Washington so that her husband Jared Kushner can take a job as a senior adviser. She has also stressed that she wants to focus on settling her three young children in a new home.

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DuVernay not yet ready to forgive Trump voters

CULTURE

Director of hit documentary talks big issues with Winfrey

Ava DuVernay doesn't want to talk about Donald Trump's election. Her feelings are still too raw. But because Oprah Winfrey asked about it, the filmmaker opened up: Trump "represents violence," DuVernay said, and she doesn't have much empathy for those who supported him.

She made the remarks Sunday during a discussion about 13th, her documentary about the prison industrial complex and the disproportionately high number of black men behind bars.

Winfrey moderated an hour-long conversation between DuVernay and political commentator Van Jones at the home of Netflix chief Ted Sarandos.

Guests at the invitation-only affair were mostly industry insiders, including Quincy Jones, Rob Reiner, Laura Dern, Mira Sorvino, Courtney B. Vance and Chelsea Handler. Winfrey was a winning moderator, quipping to the crowd but mostly quiet, keeping the spotlight on her subjects. A few moments recalled her old talk show.

The first thing she did was move her chair closer to DuVernay and Jones. In a long slate dress and black stilettos, Winfrey scooted the rattan seat over herself. Sarandos quietly hustled onto the stage to move a small coffee table that was in her way. Later, when the conversation about Trump got particularly animated, Winfrey deadpanned to the audience: "We should be televising this."

Oprah Winfrey interviews Ava DuVernay, director of documentary 13th. THE ASSOCIATED PRESS

Footage from Trump's rallies appears in 13th, which connects the criminalization and jailing of black men in jail to a provision of the 13th Amendment that prohibits slavery except as a punishment for crime. Available now on Netflix, the film is among 15 documentaries shortlisted for Oscar nominations, which will be announced Jan. 24.

DuVernay said she feared the police as a child growing up in Compton, California. As a student at UCLA, she studied American history, justice and institutionalized racism.

In researching the documentary, DuVernay said she was most surprised to learn about the American Legislative Exchange Council, a conservative group that proposes policies and legislation based on the corporate interests it represents.

Jones, who also appears in 13th, said, "You can't talk about the history of black America without talking about mass incarceration."

DuVernay and Jones agree that the recent police shootings of black men are part of a long history of criminalization of black people by politicians and police. They also agree that the prison problem isn't quickly or easily solved.

"It's not a one-answer question," DuVernay said, adding that she doesn't expect the issue to be remedied during her lifetime.

> **You can't talk about the history of black America without talking about mass incarceration.**
> Van Jones

But she and Jones disagree on the best approach for dealing with the impending Trump administration. Jones said he wants to connect with Trump voters who supported him because they felt overlooked by other candidates.

DuVernay said she has no time for that. Racism and sexism are distractions, she said, "to my humanity and what I'm doing."

"Distraction is if I stop and try to talk to folks who have clearly demonstrated that they're not open to hearing that," she said. "What they will hear is what I do: How I move forward, the art that I make, the energy that I put out into the world."

THE ASSOCIATED PRESS

TELEVISION

Reznor and Burns team up on War doc

Ken Burns and Trent Reznor would seem two unlikely collaborators, but both describe their recent work on the upcoming PBS documentary on the Vietnam War as among the most satisfying of their careers.

Reznor, the Nine Inch Nails singer and Academy Award-winning film score composer with partner Atticus Ross, made the score for the 10-part series that debuts this fall.

They came into the project after Burns' production partner Lynn Novick saw the movie, The Girl With the Dragon Tattoo. Captivated by the film's music, she stayed through the final credits to learn Reznor and Ross were responsible for it, and contacted the composers to see if they'd be interested in working on the Vietnam documentary.

A meeting was set up, and Reznor watched film footage they had gathered to tell about the war that divided Americans in the 1960s.

"For most of the clip, I'm trying not to start crying and wondering what my voice was going to sound like when the lights came up," Reznor recalled on Sunday.

Reznor said he initially found the idea of working with Burns' team intimidating; Novick, meanwhile, thought they'd never be able to rope in a pair of in-demand, Oscar-winning composers. But the marriage was made, and 18 months later a dropbox of music arrived in Burns' and Novick's email queues. She downloaded it, took a long drive and popped in the music, and had to pull over to call Burns.

"Our minds were collectively blown," she said.

Burns said the music evoked the harshness and divisiveness of the times, yet with a strong underlying melodic sense. Rather than place the music atop already existing scenes — the way scores generally work — the documentarian said he was able to build scenes around the music itself.

"His music explores things that are very difficult to put into words and sometimes shy away from putting into words," Novick said.

The score will work along with a full soundtrack of music from the era, Burns said. The documentary from the team behind The Civil War will unfold over 18 hours.

Reznor and Ross won an Oscar for their score of The Social Network. Within the past year, they've been working simultaneously on music for Patriot's Day, the documentary Before the Flood and for a new Nine Inch Nails disc. THE ASSOCIATED PRESS

Ken Burns, Trent Reznor, Atticus Ross and Lynn Novick discuss their Vietnam War series. FREDERICK M. BROWN/GETTY IMAGES

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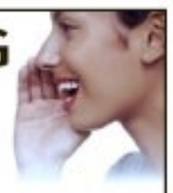


SPANISH – Level 3, 4, 6; week of January 23, 2017*
ITALIAN – Level 1; January 25, 2017
GERMAN – Level 1; January 23, 2017
BRAZILIAN PORTUGUESE – Level 1; January 26, 2017

Time: 6 pm to 9 pm

Ongoing registration: 181 Donald Street, Ottawa
Duration: 10 weeks (30 hours in class plus 30 hours online)
Cost: $35.00
*For more information please call: 613-741-2304 ext. 3
www.educationpermanente.ca

CONTRIBUTED

Tips for cold and flu season

The immune system is responsible for defending us against cold and flus, which especially love to circulate at this time of year. NutriChem, a naturopathic clinic, compounding pharmacy and health supplement store with two Ottawa locations, sees a sharp increase in clients coming in with colds and flus every winter.

"Boosting our immune system is imperative for optimal health, especially during the cold, winter months," says Laura Mierzwa, Registered Holistic Nutritionist and Store Manager. "It seems like such simple advice, but people should be eating right, keeping active, and getting enough sleep to stay healthy."

NutriChem carries high quality supplements and herbs approved by Health Canada. Says Mierzwa, "Supplements can be an important factor in giving our immune systems an extra boost when required." Here are her suggestions for fighting off colds and flus.

Probiotics: These supplements provide "good bacteria" that help fight off infections. Look for a probiotic that contains the strain Lactobacillus Casei, which helps to prevent intestinal infections and increases IGA secretions, both of which play a critical role in immunity.

Zinc: Supplementing with zinc increases activation of T Cells, which are responsible for combating viruses and bacteria.

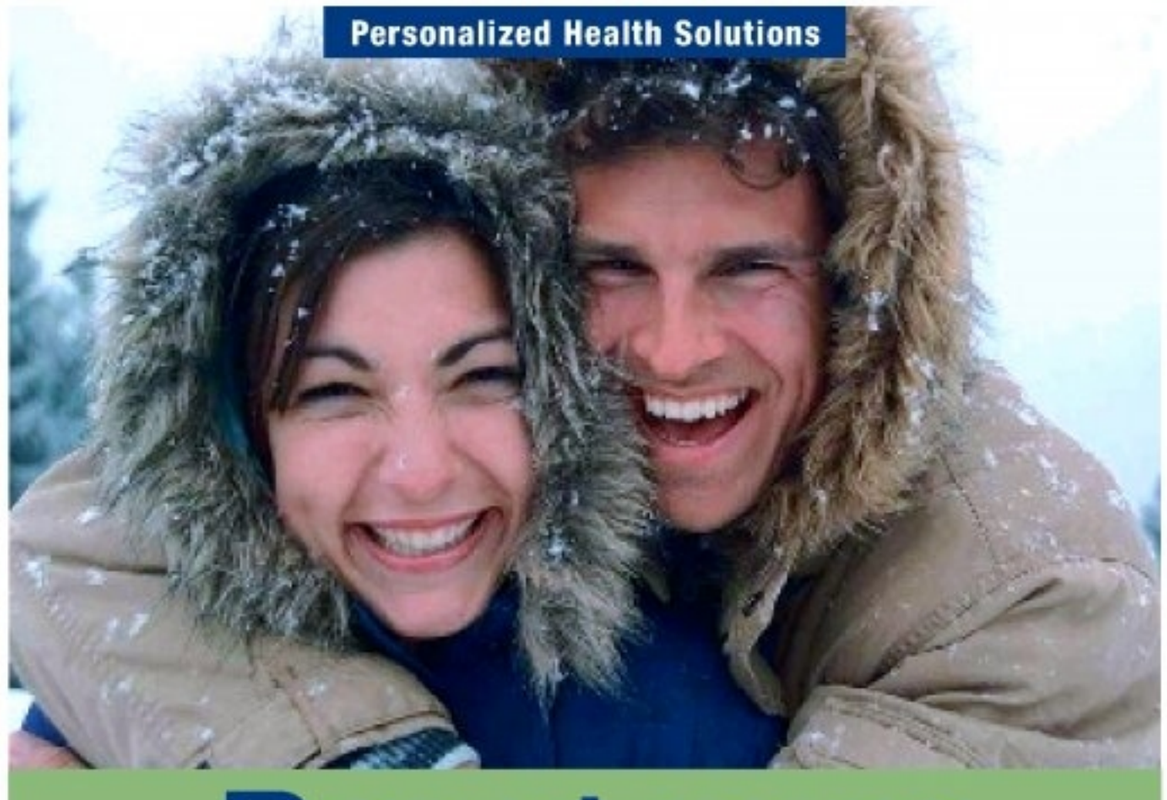
Astragalus: This herb is known for helping to treat colds and upper respiratory infections. It helps to increase white blood cells that strengthen and protect our immune system.

While taking high quality, immune system boosting supplements is good in the short term, many Ottawa residents are turning to naturopathic clinics to get to the root cause of why they're getting sick so often, and why their bodies have such a hard time fighting off illnesses.

NutriChem's founder, Clinical Pharmacist Kent MacLeod, stresses how important it is to get to the root of the issue instead of only treating the symptoms. "Too many people are doing unnecessary things because they don't know what their body actually needs or is missing. NutriChem's testing can determine what will get you feeling better based on your body's biochemistry."

Through their comprehensive testing and personalized health protocols, NutriChem clinicians are able to determine what biochemical factors are contributing to a person's weakened immune system.

For more information, visit one of NutriChem's two Ottawa locations (on Richmond Road and St. Laurent Boulevard), or go to nutrichem.com.



Boost your immune system

Find out if unbalanced body biochemistry is decreasing your immune system's ability to fight off colds, flus, and infections.

"Since starting with my custom and protocol, I have not had any symptoms of a cold whatsoever and I sleep much better. Coming to NutriChem was the best investment I have ever made."
– Kim, a BCB Test and custom multivitamin client

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metro SPORT

Star Blue Jays third baseman Josh Donaldson has several lines for his cameo in Wednesday night's episode of Vikings

All things considered Sens are doing alright

NHL

Ottawa tied for third in Eastern despite losing top goaltenders

The Ottawa Senators aren't in a playoff spot at the halfway mark of the season, but considering the challenges they've faced through the first 41 games of the year they feel pretty good that won't be the case by the end of the season.

After starting the season with a new head coach, new system and dealing with unforeseen circumstances the Senators have managed to remain a competitive force in the Eastern Conference.

After 41 games Ottawa has a 22-15-4 record and its 48 points have them tied with the Toronto Maple Leafs for third in the Atlantic Division, but the Leafs hold the tiebreaker.

The Senators have been without its number one goaltender for much of the season, as Craig Anderson supports his wife Nicole through cancer treatment, and without forward Clarke MacArthur, who is still recovering from post-concussion syndrome.

But Ottawa has largely been able been able to withstand the challenges, thanks in part to the play of goaltender Mike Condon. "To be fair to Condon he's done everything he could, with the situation that we've got," said Senators coach Guy Boucher.

Auston Matthews' Maple Leafs topped Mike Condon and the Senators 4-2 on Saturday night to move into third place in the Atlantic Division. ADRIAN WYLD/THE CANADIAN PRESS

"He hasn't had the number-one job in the NHL. He's one of those guys that right now had to battle above expectations and above what he's had to do in the past and he has done really, really well. It's all positive. He's playing great, he's given us everything he's got and I think the players recognize that. I think he represents our season: adversity, fight through and make it happen and that's why we're in the fight."

Boucher admitted losing MacArthur and being without Anderson were significant blows.

"To be where we are right now with what's happened I have to congratulate the players because they've shown a terrific attitude and work ethic and a buy in," said Boucher. "From now on, from the 41st game to the next we know it's going to be about consistency and battle and we need to be pushing hard and Condon's going to have to be a big part of that in the next weeks until our number-one goalie comes back."

> **"I think he represents our season: adversity, fight through and make it happen and that's why we're in the fight.**
>
> Sens coach Guy Boucher on stand-in goalie Mike Condon

Players won't say they're satisfied with where they sit, but feel they've put themselves in a decent position as they prepare for the second half. "I think this is an exciting time with the fact that we are in a playoff race and there is 41 games remaining," said veteran Chris Kelly.

The Senators head into the second half with a tough week ahead as they prepare to face the St. Louis Blues, Columbus Blue Jackets and Maple Leafs. THE CANADIAN PRESS

MLB OBAMA ENDS TERM BY CELEBRATING CUBS' WIN
U.S. President Barack Obama celebrated the World Series champion Chicago Cubs on Monday and spoke about the power sports has to unite people. "It is a game and celebration," he said. The White House event came four days before Obama hands the presidency over to Donald Trump following one of the most divisive elections in recent memory. THE ASSOCIATED PRESS

MLB

Jays 'working hard' to keep hold of Jose

Outfielder Jose Bautista and the Toronto Blue Jays are "working really hard" to bring him back to the club, a person with knowledge of the negotiations told the Associated Press on Monday.

The person spoke on condition of anonymity because negotiations are ongoing. The sides are discussing one-, two- and three-year agreements. Bautista, 36, hit 22 homers with 69 RBIs last year while batting .234 in an injury-slowed season.

Bautista (265) ranks second behind Carlos Delgado (336) on Toronto's career home run list. After Toronto ended a 22-year playoff drought with an AL East title in 2015, Bautista hit a memorable three-run homer in Game 5 of the AL Division Series against Texas, punctuating his shot with a bat flip. He did not accept Toronto's US$17.2 million qualifying offer.

Jose Bautista GETTY IMAGES

The Blue Jays' failure earlier this off-season to re-sign fan favourite Edwin Encarnacion did not go over well in Toronto, which led the AL in attendance.

Encarnacion signed a $60 million, three-year deal with Cleveland after the Blue Jays withdrew their $80 million, four-year offer and reached a $33 million, three-year agreement with Kendrys Morales. Encarnacion hit 42 home runs and tied Boston's David Ortiz for the AL RBIs lead at 127. THE ASSOCIATED PRESS

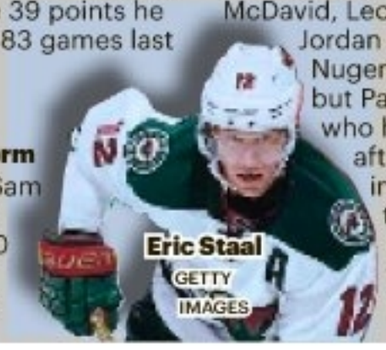
AROUND HOCKEY

Born-again Staal on fire
Eric Staal's stunning re-emergence in Minnesota continues.

In just 42 games for the Wild, the 32-year-old has surpassed the 15 goals and equalled the 39 points he managed in 83 games last season.

Jackets' Gagner in form
Columbus' Sam Gagner has produced 30 points in 41 games for a per-point cost of $21,667 on a one-year, $650,000 pact with the Blue Jackets.

Oilers' top scorer Maroon
The Oilers goal-scoring leader so far isn't Connor McDavid, Leon Draisaitl, Jordan Eberle or Ryan Nugent-Hopkins, but Patrick Maroon, who has 18 goals after scoring 21 in the previous two seasons combined. THE CANADIAN PRESS



Eric Staal GETTY IMAGES

NHL

Burns may shatter D-liner record

When the San Jose Sharks traded for former Minnesota Wild first-round pick Brent Burns, they believed they were getting a difference-maker on the back-end.

But even the Sharks probably couldn't have anticipated Burns' explosion into one of the most prolific offensive defencemen the NHL has seen in recent decades. In fact, Burns could just end up with the most productive season from a defenceman in the last 20 years if his current pace keeps up in the second half.

Only two defenders since the 1996-97 season have cracked the 80-point plateau: Erik Karlsson with 82 points last year and Nicklas Lidstrom with 80 points in '05-06. Only one has managed 30 goals in that span: Mike Green scored 31 for Washington in '08-09.

Burns would shatter both marks at his current pace — 33 goals and 84 points — and become only the second defenceman in the last 30 years to hit both 30 goals and 80 points since Hall of Famer Paul Coffey who had 30 goals and 113 points for Pittsburgh in '88-89.

What's different for Burns since his days with the Wild?

For one, he's shooting the puck twice as much before — and more than any player period right now — while playing for a Sharks squad that's considerably more potent than those teams he left behind in Minnesota.

San Jose signed Burns for five years (US$5.76 million cap hit) shortly after the trade with the Wild, a bargain deal due to expire following this season.

The Norris trophy contender isn't going anywhere though. The Sharks penned Burns to a eight-year extension worth $64 million in November. THE CANADIAN PRESS

Brent Burns GETTY IMAGES

MAKE IT TONIGHT

Elevated Shrimp and Orzo Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pantry staples help elevate this easy shrimp skillet dish featuring a zest sauce with tomatoes and balsamic vinegar.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, deveined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions

1. In a large skillet, sautée onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.

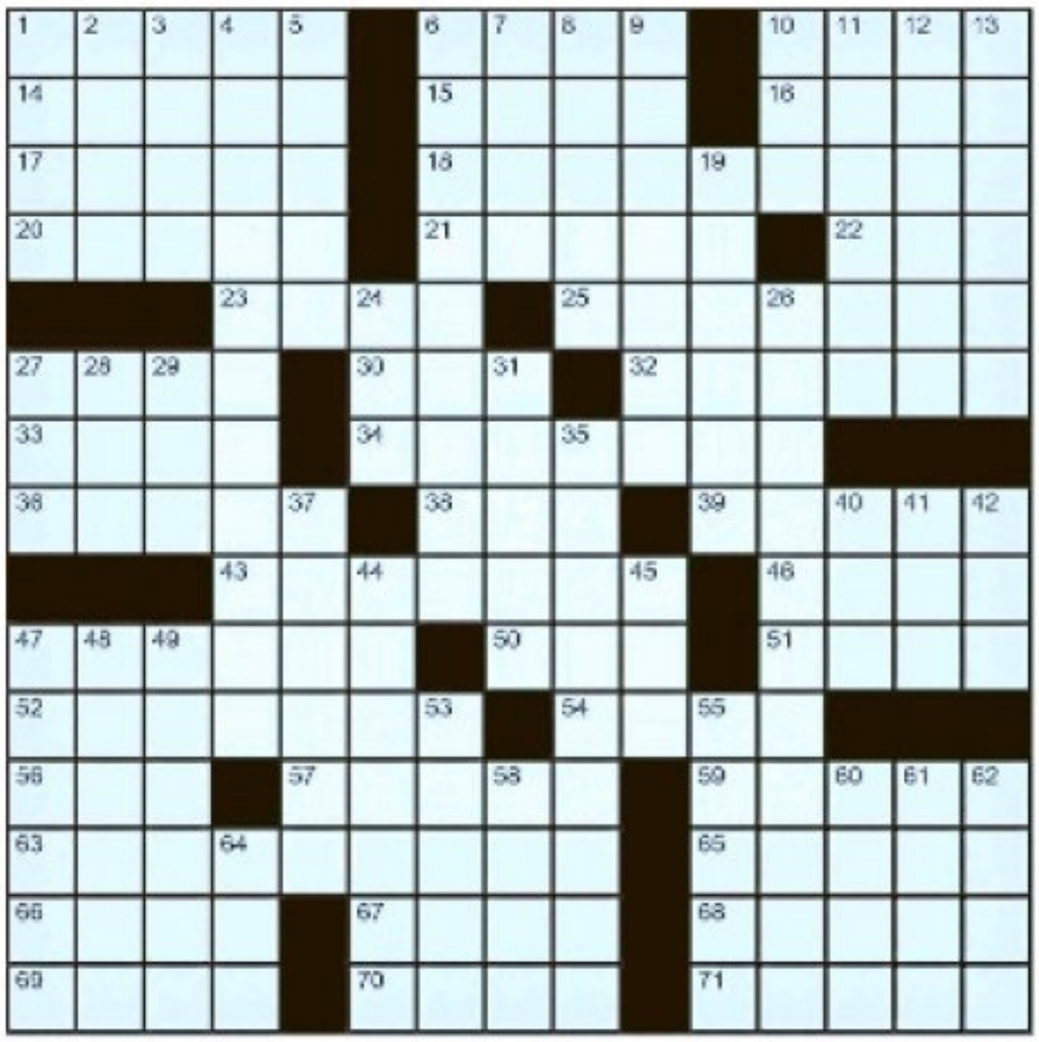
2. Add the orzo and allow everything to simmer for 15 minutes.

3. Drop in your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque. Sprinkle basil and feta over top and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sports car power booster, hip-style
6. 'Demo' suffix (Politician sort)
10. Res __ loquitur (Negligence standard, in law)
14. __ management
15. Comb's comb-ee
16. Bonds
17. Rover
18. Arf! Terrier types
20. Result
21. Boeotian Muse of memory
22. WNW's opposite
23. Canadian literary critic Northrop
25. Country legend Ms. West's
27. Ritzy ride
30. Antiquity
32. Surnamesakes of "The Good, the Bad and the Ugly" (1966) director Sergio
33. Completed
34. Appease the audience
36. Pounds, as hail
38. Not 'their'
39. Powerful tennis shot
43. Sporting dog, English Springer __
46. Peter Gabriel's "In __ Eyes"
47. Give the patrons a better table
50. Rocker Mr. Snider
51. Slaloms
52. From one side only, in law: 2 wds.
54. The Queen, less formally
56. Feathery fashion
57. Ms. Blair
59. "Beverly Hills, 90210" character
63. Speaks to the crowd
65. 'Affirm' suffix (Giving assent)
66. Wed's calendar predecessor
67. The Jackson 5 member
68. Use a landline
69. Gas station name
70. Visible
71. Precept

DOWN
1. Composer's creation
2. Stratford-__-Avon
3. Spinning stats
4. Arctic body of water: 2 wds.
5. Choose a restaurant dish
6. Lizard with many looks
7. "__ Man" (1988) starring Tom Cruise and Dustin Hoffman
8. Showed TV shows
9. Vibration in music
10. "Let's call __ __ day."
11. Board the bus as a bunch: 2 wds.
12. "__ __ Rider" by Eric Burdon & The Animals
13. Evaluate
19. Dissuades
24. "You got it."
26. Canadian design expert whose great-grandfather Conn is an Honoured Member of the Hockey Hall of Fame and also has an NHL trophy named after him: 2 wds.
27. Chop off
28. Beatles: "__ Got a Feeling"
29. Crooner Mr. Torme
31. Stonehenge ritualist
35. Square and Compasses secret member
37. Scant
40. Hunky-dory
41. __ generis (Unique, in Latin)
42. Puny day parts
44. Bears witness
45. Ms. Michele
47. Discount
48. Departure led by Moses in the Old Testament
49. "Ace of __" by Motorhead
53. Vintage dairy products cow
55. Modify
58. Apportion
60. Canadian dollar bird, Common __
61. "Rule, Britannia" composer
62. Moscow nope
64. '70s record label

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the Moon is 180 degrees opposite your sign, which means you have to cooperate with others. This is not a big deal. It just requires a little patience and tolerance.

Taurus April 21 - May 21
Today you want to be efficient in everything. This is why you might be impatient with others if they get in your way. Be careful that your impatience doesn't create more problems!

Gemini May 22 - June 21
This is a playful day. You are in touch with your creative vibes. Enjoy sports events, social outings and fun activities with children.

Cancer June 22 - July 23
A conversation with a female family member might be significant today. In any event, you will want to cocoon at home, if possible.

Leo July 24 - Aug. 23
Short trips, conversations with others and a busy to-do list will keep you on the go today. It's a strong day for writers and people in sales, marketing, teaching and acting.

Virgo Aug. 24 - Sept. 23
Avoid disputes about money and cash flow today, because they might arise. Nevertheless, your focus is on financial matters, shopping and earning money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which gives you a slight advantage over all the other signs. Use this if you can; it happens for two days every month.

Scorpio Oct. 24 - Nov. 22
You might prefer to work alone or behind the scenes today, even though this is a busy time for you. This is an ideal day to catch your breath and get some perspective.

Sagittarius Nov. 23 - Dec. 21
A conversation with a female acquaintance could be important today. Why not share your future goals with this person to get her feedback?

Capricorn Dec. 22 - Jan. 20
Personal details about your private life might become public today, because the Moon is high in your chart. Just go with the flow — you can handle this.

Aquarius Jan. 21 - Feb. 19
Today you want to do something different to break up your routine. That's because you want a little adventure and a chance to learn something new. Good luck!

Pisces
Feb. 20 - March 20
Shared property, taxes, debt, inheritances and insurance issues might be your focus today. Wrap up loose details in these areas, if you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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5	6	7	9	1	3	8	4	2
7	2	5	6	4	9	1	3	8
1	9	3	8	7	5	6	2	4
8	4	6	3	2	1	7	9	5

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